



Slow Cooker Chik'n and Dumplings

Ingredients:

- 1 can Tender Bits, drained and chopped into ½ inch pieces
- 2 medium onions, chopped
- 5 medium carrots, peeled and chopped
- 7 cups of water
- ¼ cup nutritional yeast
- 3 bay leaves
- 1 tablespoon sea salt
- 1 tablespoon dried parsley
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon sage
- 1 teaspoon thyme
- 1 teaspoon rosemary

Dumpling ingredients:

- 2 cups all-purpose flour, whole wheat pastry flour, or gluten-free baking mix
- 2 teaspoons aluminum-free baking powder
- 1 teaspoon fine grain salt
- 1 teaspoon dried dill
- ¼ cup Earth Balance vegan buttery spread
- ½ - ¾ cup unsweetened non-dairy milk

Directions: Spray slow cooker crock or line it with disposable slow cooker liner. Combine onions, carrots, Tender Bits, water, nutritional yeast, bay leaves, sea salt, spices, and Bragg or soy sauce in slow cooker and stir. Set slow cooker on low for 7-8 hours or high for 4 hours. When 40 minutes remain of the cooking time turn the slow cooker up to high. In a bowl mix the flour, baking powder, salt, and dill. Add the Earth Balance and cut it into the flour mixture with a pastry blender, cross-cutting with 2 butter knives, or with back of the fork until mixture resembles coarse crumbs. Add non-dairy milk just until dough forms and pulls away from sides of bowl. Turn dough out onto lightly floured surface and knead 10 times, then roll or press into ¼ inch thickness. Slice into squares and add to slow cooker, gently stirring to incorporate dumplings. Close lid and cook on high for 30 minutes. Gently break apart dumplings if necessary and enjoy.

Submitted by Melita B. of North Carolina